

Guacamole, Salsa and Chips

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Ingredients:

Guacamole:

3 large or 5 small ripe avocados
1 large tomato chopped
1/2 red onion chopped
lime juice to taste
salt to taste
1/2 tsp chili powder
1/2 tsp cumin
1/2 cup cilantro chopped
2 garlic cloves minced

Salsa:

3 large or 5 small tomatoes chopped
1/2 red onion chopped
2 tbsp lime juice
salt to taste
2 garlic cloves minced
1/2 tsp chili chopped (optional)
1/2 cup cilantro chopped



Chips:

8 regular sized tortillas (whole wheat or white flour)
1/2 tsp salt
1/2 tsp chili
1/2 tsp cumin
2 tbsp flavorless oil

Directions:

1. Guacamole: First, half the avocado, then remove the pit. Using a spoon, scoop out all the 'meat' and place into a medium sized bowl. Add the rest of the ingredients except for the lime juice and salt. Mix thoroughly. Add the salt (pinch by pinch) and lime juice (start off with a tablespoon) to your taste. Refrigerate with cling wrap for up to 6 hours or eat immediately.
2. Salsa: In a medium sized bowl, combine all the ingredients except for the salt. Mix thoroughly and add salt (pinch by pinch) to your taste. Refrigerate with cling wrap or eat immediately.
3. Chips: Stack your tortillas so that they all line up. Using a big, sharp knife, cut the tortillas right down the middle to get two halves. Cut each half stack into quarters. One tortilla should be cut into 8 pieces; in total there should be 64 chips. Place tortilla chips in a single layer (no over lapping) onto a baking sheet lined with parchment paper or a silicone mat. Toss them with the oil, salt and spices. Bake for 8 minutes, flipping halfway through. Bake the second batch after you remove the first or at the same time on a different baking tray. Once out of the oven, transfer to a serving dish and let cool down for a few minutes.
4. This makes the perfect appetizer for any party, enjoy!